

**Plan Sponsored  
Program**

**1.866.939.4721**

**ActiveHealth  
Management**



**ADDITIONAL  
RESOURCES**

**Tobacco Replacement  
Medication Coverage**  
[KnowYourBenefits.dfa.ms.gov](http://KnowYourBenefits.dfa.ms.gov)

**MS Tobacco Quitline**  
**1.800.QUIT.NOW**  
[www.QuitlineMS.com](http://www.QuitlineMS.com)

**The ACT Center**  
**601.815.1180**  
[www.Act2Quit.com](http://www.Act2Quit.com)

# STOP SMOKING START REPAIRING

Every cigarette you don't smoke is doing you good.

- Just one week after you quit smoking your sense of taste and smell improve.
- In 3 months your lung function increases by 30%.
- In 12 months your risk of heart disease is cut in half.
- In 5 years your risk of a stroke has dramatically decreased.

We want to help you live a healthier life by kicking the tobacco habit.

Smoking is the leading cause of preventable death in the United States. Save your life, don't smoke.

- 8 to 10 dips a day equals 30 to 40 cigarettes a day.



## Dates to Remember:

### February 1 - QUIT DAY!

Must be tobacco free going forward to be a non-tobacco user by May 1

**May 1** - Deadline to submit Tobacco Use Attestation Form

**July 1** - Tobacco Use Premium Surcharge begins